



August 20, 2015

Dear Atlanta area medical professional,

I know that you are committed to improving the health of children and youth and promoting regular physical activity and outdoor play. Atlanta Youth Rugby has been terrific for my 14 year old – mentally and physically. He is thrilled to start his fourth season. AYR also has been wonderful for our family due to affordability, limited travel and a strong emphasis on camaraderie and fun.

Atlanta Youth Rugby builds character and athleticism while fostering sportsmanship and community in a fun, safe and inclusive atmosphere. Its Core Values and Player Code of Conduct (attached) demonstrate its inclusive nature and commitment to player safety. AYR supports physical and mental health:

- continuous aerobic activity (no waiting, no re-starts, no time-outs)
- regular outdoor play from November 1 - early March (for 6th - 10th graders - 80 minute practices or 2-3x per week, plus weekend matches from November 1 - early March; for 3rd - 5th graders - 80 minute practices 1x per week, or weekend scrimmages)
- a chance for every player to handle the ball
- opportunities to tackle, push (in scrum), run, pass and kick the ball - all in accordance with clear rules of play
- opportunities for players of all sizes
- professional, certified coaching

AYR welcomes all boys in the 3rd - 10th grades to meet the team and play some touch rugby at the Contact Point Play Days on September 20 (Washington Park on the Beltline) and October 18 (Historic Fourth Ward Skate Park on the Beltline.) Season sign-ups begin September 1. More information is available at www.atlantayouthrugby.com.

Whenever appropriate, would you please share this information with parents who are looking for ways to keep their sons physically active outdoors during the late fall and winter? Please feel free to contact me at 404-909-1268 with any questions. Thank you very much!

Best,

Alison Cline Earles, Secretary, Atlanta Youth Rugby

C: Dr. Xerogeanes, Chief of Sports Medicine at Emory Orthopaedics, Sports & Spine, Atlanta Youth Rugby Advisory Board Member



Atlanta Youth Rugby Code of Conduct

I hereby pledge to be responsible for my participation in Atlanta Youth Rugby's Middle School/U16 Team by following this Code of Conduct:

- I will act in accordance with the Atlanta Youth Rugby (AYR) Core Values.
- I will do my very best in school, with the understanding that academics is the first priority of a scholar athlete.
- I will encourage good sportsmanship by following coaches' instructions and demonstrating support for all players, coaches and officials at every AYR event.
- I understand that my full participation in practices and games is very important for my teammates and my team as a whole.
 - I will show up for practices and games on time and in appropriate attire.
 - I will wear protective gear at every practice and game (compression shorts and mouthguard).
 - I will attend every practice and game when reasonably possible and notify my coach as soon as I am aware that I cannot make a practice or game.
- I will never physically or verbally intimidate, abuse or assault players, coaches or officials on or off the field.
- I will never use foul or obscene language or gestures while involved in AYR activities.
- I understand that rugby is a full-contact sport, and safe methods of play must be learned and practiced. For my safety and the safety of others, I will not engage in full-contact rugby without supervision of an AYR coach or other USA Rugby official.
- I will immediately report to my coach if I am or any player seems ill, dizzy, confused or injured.
- I understand that a successful team identifies and solves problems as they arise. I will communicate problems and concerns to my coach right away, so AYR can be fun for everyone.
- I will not use drugs, tobacco or alcohol or bring them to any AYR event.
- I will encourage my parents or adult sponsor to be involved in my team in some capacity, because it is important to me.
- I will participate in AYR community events as requested by coaches or parents.
- I will remember that sports are an opportunity to learn, develop character and have fun.

Player's Signature

Date

Print Name: _____

Signature of Parent or Legal Guardian

Date

Print Name: _____



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CORE VALUES

SPORTSMANSHIP – is the foundation upon which rugby is built. We uphold the rugby tradition of camaraderie with teammates and opposition. We are generous in victory and dignified in defeat. We play to win, while ensuring that the wellbeing and development of individual players is central to all rugby activity.

PASSION - Rugby people have a passion for the game. Rugby generates excitement, emotional attachment and a sense of belonging to the global rugby family.

DISCIPLINE AND INTEGRITY - Discipline and integrity are integral to rugby, both on and off the field. We play honestly and fairly, striving to follow the letter and the spirit of rugby laws and regulations.

RESPECT - Respect for ourselves, our teammates, opponents, match officials and those involved in the Game is paramount.

SOLIDARITY - Rugby provides a unifying spirit that leads to lifelong friendships, camaraderie, teamwork and loyalty which transcend cultural, geographic and political differences. We welcome all new team members and include everyone, because working as a team enriches our lives. We play selflessly, working for our teammates, not for ourselves. We rely on one another and understand that every player has a part to play.

FUN – Working hard as a team for an objective and achieving it is what rugby is all about. By adhering to our Core Values, we ensure a fun experience for everyone involved.